

Discover the holiday for you

- Bodycare, St. Georges Bay, Malta
- Activity Week, Algarve, Portugal
- Bodycare, Santa Eulalia, Algarve, Portugal
- Bodycare, Alvor Praia, Algarve, Portugal
- Bodycare, Viking Hotel, Algarve, Portugal
- Activity Week, Puerto Pollensa, Majorca
- Golf, Viking Hotel, Algarve, Portugal



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Bodycare at the 5 Star Corinthia Hotel, St George's Bay, Malta

**CHOOSE ANY 3 NIGHTS
5TH – 15TH NOVEMBER 2010
FOR ONLY ~~£299~~ NOW £249!!***

Dinner, Bed and Breakfast Additional nights **£52 per person**
Single Supplement **£25 per night** (Based on twin room occupancy).
(Excludes flights)

***OFFER EXTENDED**
£50 OFF per person
OUR SPECIAL OFFER HAS BEEN
EXTENDED UNTIL
30TH SEPTEMBER 2010





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Save
£25
per night

FREE SEA VIEWS

We are offering **FREE** sea view rooms on first come first served basis.

BOOK EARLY TO AVOID DISAPPOINTMENT

www.corinthia.com

This elegant hotel is splendidly located at the entrance to St. George's Bay.

Virtually surrounded by The Mediterranean and designed around cascading pools that lead down to a lido.

The hotel offers unparalleled luxury and comfort for you during your stay. It has 10 bars and restaurants, a courtesy bus to Sliema, St. Julian's and Valletta, the capital. Its leisure and spa facilities are unequalled.

Our prices include:

- Coach transfer from airport to the hotel and return
- Half Board accommodation - (Dinner, Bed and Breakfast)
- Excellent bedrooms & bathrooms
- 3 Beauty Therapy Treatments - choose from Back Body Massage, Face & Neck Massage, Nourishing Therapeutic Hand & Foot Massage or Exfoliation of the Back. Other treatments are available at reasonable prices
- Yoga sessions
- Information Pack
- Evening entertainment
- Full spa and leisure facilities
- Resident Sport & Spa Representative

www.sportandspa.co.uk

ONLY
£20
DEPOSIT


Group Discount
1 Free place in 12



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14th Anniversary Activity Week at the 5* Alvor Praia Hotel

24TH FEBRUARY TO 3RD MARCH 2011

*"Picture yourself next year enjoying 7 nights
half board for **only £465 per person.**"*

Complimentary Sea-Views (subject to availability)

Single room supplement

reduced to £24 per night (2009 price)

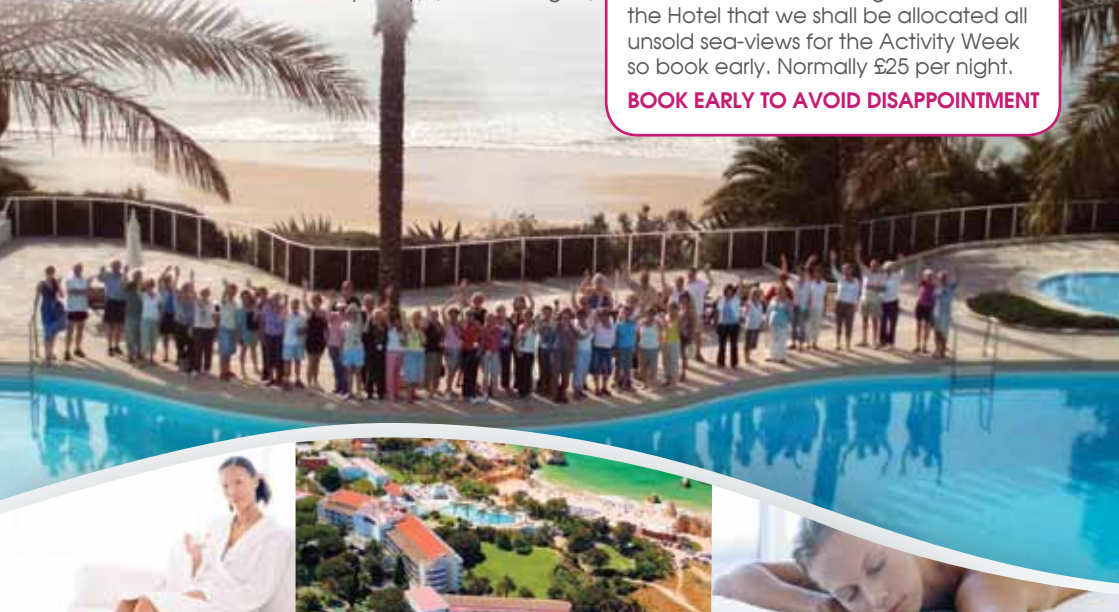
(Based on Twin Room occupancy) (Excludes flights)

Save
£25
per night

FREE SEA VIEWS

We have reached an agreement with the Hotel that we shall be allocated all unsold sea-views for the Activity Week so book early. Normally £25 per night.

BOOK EARLY TO AVOID DISAPPOINTMENT



Please see back page for flight booking details



We believe this package cannot be equalled

This fabulous Hotel is one of the leading 5-Star Hotels in Portugal. It offers guests a large choice of exclusive amenities. Direct access to the beach, tennis courts, driving range with putting green and extensive landscaped gardens, plus bedrooms that provide all the amenities you would expect from a 5-Star Hotel including bath robes for your use.

Our price includes:

- Half Board accommodation; Dinner, Bed & Champagne Breakfast.
- Coach transfer from Faro airport to the Alvor Praia Hotel, Alvor, Algarve (Thursdays only)
- Luxury Spa facilities including Indoor & Outdoor pools, Sauna, Steam & Jacuzzi
- An Activity programme of infinite variety including Exercise, Yoga & Meditation, Beach Walking & Gentle Circuit work.
- Social Tennis – Exclusive to our Clients. 5 Clay Court, 2 Hard Court, A Club House Tuition (optional extra), Our Own Sunday Competition. All in the beautiful Hotel Grounds
- A full walking programme – for experienced walkers and a programme for strollers (coach fares extra)
- An introduction to Bird Watching.
- Golf days for only £31.00 for 18 holes.
- 10% Discount on drinks & snacks exclusive to Sport & Spa guests
- Excursions (optional extra)
- Evening Entertainment including Sport & Spa Quiz
- Beauty & Holistic treatments available at reasonable prices with our own Sport & Spa Therapists.
- Resident Sport & Spa Representative & Information pack.



Additional nights available

Half board, Dinner, bed & breakfast **for only £50.00 per person** (Twin room occupancy)

www.pestana.com

www.sportandspa.co.uk



Group Discount
1 Free place in 12



sportandspa ★★★★★

Discover a 5 Star New World at The Grande Real Santa Eulalia, Albufeira, Algarve, Portugal

28TH JANUARY TO 11TH FEBRUARY 2011

*"Probably the finest hotel
that we have used for
our Bodycare Breaks."*

PRICES
STARTING FROM
£270 per
person



Please see back page for flight booking details



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"Its time you discovered real luxury and enjoy the memories"

This hotel has everything

Style, Luxury, Sophistication
and facilities that are hard to equal.

Overlooking a delightful beach, the hotel has 3 heated (25°) outdoor swimming pools and its Thalassotherapy Spa, available **FREE** (Normally charged at £15 per visit) to our clients is the envy of many 5 star hotels in the area.

Please visit the hotels website
www.realhotelsgroup.com

The hotel has various restaurants and bars and excellent Spa Leisure Facilities.

The main town of Albufeira is only minutes away from the hotel and we have made arrangements for a courtesy bus to be available daily.

Choose any 3 nights
**28TH JANUARY TO
11TH FEBRUARY 2011**
for only **£270.00**

(Based on twin room occupancy)

Extra nights £54.00

(Dinner, bed and breakfast)

Single supplement £24 per night

(Excludes flights)

ONLY
£20
DEPOSIT

Included in our price:

- Return transfer to Faro Airport – Monday and Friday
- Half board accommodation (dinner, bed and sparkling wine breakfast)
- Luxury Thalassotherapy Spa Facilities
- Evening Entertainment
- 3 Beauty Treatments – choose from Back Body Massage, Face and Neck Massage, Nourishing Hand and Foot Massage or Exfoliation of the Back. (Other treatments available at reasonable prices)
- Exercise and Yoga Sessions
- Information Pack
- Sport & Spa Representative

Save
£25
per night

FREE SEA VIEWS

We are offering **FREE** sea view rooms on first come first served basis, land views and suites, all of which are furnished with facilities that you would expect from a 5 star hotel. **BOOK EARLY TO AVOID DISAPPOINTMENT**



www.hoteisreal.com

www.sportandspa.co.uk

Group Discount
1 Free place in 12



sportandspa ★★★★★

Bodycare at the fabulous 5* Alvor Praia Hotel, Algarve

**CHOOSE ANY 3 NIGHTS
FOR ONLY £269**

**25TH FEBRUARY 2011 -
28TH MARCH 2011**

Dinner, Bed and Breakfast

Additional nights £50 per person

Single Supplement £25 per night

(Based on twin room occupancy)

(Excludes flights)

**Worth
£50**

**1 EXTRA Dinner,
bed & breakfast FREE!**

All you need to do is book your three night stay between Monday – Friday and you can have Wednesday free!



**Group Discount
1 Free place in 12**

Please see back page for flight booking details



Relax and be pampered. Enjoy the pure indulgence of the 5 star Alvor Praia Hotel, Alvor

Plus personal pampering, clear blue skies and wonderful beaches

Since 2005 Bodycare on the Algarve has been enjoyed by over 5000 clients.

The Hotel is situated overlooking the Atlantic Ocean. It offers full spa facilities that include Indoor & Outdoor Swimming Pools, Sauna, Steam room & Jacuzzi and cold plunge pool. The restaurant, lounges and bars all have stunning sea-views which are quite spectacular at night.



Our price includes:

- Coach transfer from Faro airport to the Alvor Praia Hotel, Alvor, Algarve and return (Mondays & Fridays)
- Half Board accommodation; Dinner, Bed & Champagne Breakfast
- Excellent bedrooms and bathrooms with all the facilities you would expect from a 5-star Hotel including bathrobe
- Exercise & Yoga sessions
- Evening entertainment
- Information Pack.
- Special discount on Golf Days
- 10% Discount on all drinks and snacks in the Hotel – Exclusive to Sport & Spa guests.
- 3 Beauty Therapy Treatments - choose from Back Body Massage, Face & Neck Massage, Nourishing Therapeutic Hand & Foot Massage or Exfoliation of the Back. (Other treatments are available at reasonable prices)
- Resident Sport & Spa Representative.

Save
£25
per night

FREE SEA VIEWS

Complimentary Sea Views available. Subject to availability.

**BOOK EARLY TO AVOID
DISAPPOINTMENT**

www.pestana.com

www.sportandspa.co.uk



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Bodycare, 4* Viking Hotel, Algarve, Portugal

FREE SEA VIEWS

Complimentary Sea Views
available.

**BOOK EARLY TO AVOID
DISAPPOINTMENT**

www.pestana.com

OUR BARGAIN OF THE YEAR

This excellent 4* Hotel is located on a cliff top offering spectacular panoramic views of the Atlantic Ocean and the delightful beaches of Porches, Algarve, Portugal.

11TH – 25TH FEBRUARY 2011

Any 2 nights only £178

Extra nights only £26 per person

(Based on 2 people sharing Twin bedroom)

Single room supplement £12 per night (Excludes flights)

Half board basis available on request

Included in the price:

- 2 Beauty Therapy Treatments
(choose from Back Body Massage, Face & Neck Massage, Nourishing Therapeutic Hand & Foot Massage or Exfoliation of the Back). Other treatments are available at reasonable prices.
- Return transfer to Faro Airport.
Mondays, Fridays & Sundays
- Bed and Breakfast
- Exercise & Yoga sessions
- 15% Discounts at nearby restaurants
- Information Pack

Facilities include:

- Direct access to the Beach
- Sauna & Jacuzzi
- Tennis & Squash Courts
- Pinta & Gramacho Golf courses nearby
- 4 x Swimming pools - including 1 x Indoor pool



**Group Discount
1 Free place in 12**





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2 Activity Weeks in Majorca,

POLLENSA PARK HOTEL, PUERTO POLLENSA

28TH APRIL TO 5TH MAY 2011

AND 14TH OCTOBER TO 21ST OCTOBER 2011

A holiday you need to know about

Following the success of this years first multi-activity week in Majorca, we have had many requests for an Autumn Activity Holiday in Majorca. We shall therefore have 2 Activity Weeks in 2011.

The 3 star Pollensa Park Hotel offers an excellent buffet meal service in a spacious restaurant. It has generous bar and lounge areas and many of its bedrooms have recently been refurbished.

It has a large freshwater swimming pool, evening entertainment and the hotel's location is just a stroll from the attractive promenade and relatively quiet town and yet it is the nerve centre for Bird Watching in Majorca and ideally situated for a variety of superb walks.

"In addition to the full size outdoor pool the hotel now has spa facilities that include indoor pool, sauna and steam room."

www.sportandspa.co.uk

Please see back page for flight booking details

Included in the price:

- Return transfer to Palma Airport
- Full walking programme with Richard Strutt (coach fares extra)
- Walking for Strollers and Bird Watching programme (coach fares extra)
- Coach Excursion (optional extra)
- Full programme of Exercise, Yoga and Meditation sessions
- Evening Entertainment, Live Music and Quiz Evenings
- Resident Sport & Spa Representative
- Information Pack.

Extra nights
£39
per person

7 nights half board for only £366

per person (dinner, bed & breakfast)

Based on twin-room occupancy.

Single supplement £39 for 7 nights.

All rooms face the sea. (Excludes flights)





DISCOUNTED
GOLF
HOLIDAYS

4* Pestana Viking Hotel, Porches, Algarve

3 Days of golf at 4 Courses

ALTO, SILVES, PINTA, & GRAMACHO

Total package only:

£270.00 (21st January – 14th February)

£308.00 (15th – 28th February)

£308.00 (1st – 31st March)

4 NIGHTS BED & BREAKFAST

Extra bed & breakfast nights **£20**

based on twin room occupancy

Half board basis is available on request

• Free car hire

collected & returned to Faro airport

- Minimum 4 persons / upgrades available
- Reserved tee off times
- **15% discount** at nearby restaurants



Group Discount
1 Free place in 12

Extra Golf
Days from
£20
per round



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TO BOOK ANY OF OUR BREAKS

Pay your deposit of £20 per person by debit or credit card:

☎ call 01704 330700 @ or email graham@fitnessfiesta.com

✉ or send your booking enclosing £20 deposit per person to Sport and Spa, 4 Barrington Drive, Southport. PR8 2PR

Book online www.sportandspa.co.uk

See www.skyscanner.net for a wide range of flights.

PLEASE ensure a flight is available before you book your holiday.

Sign up for our

Newsletter

To receive all our special offers send an email to graham@fitnessfiesta.com

Don't miss out!